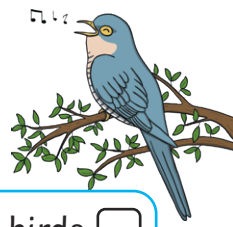




Daily Kind Acts



Tell someone how much you love them.

Help make dinner.

Feed the birds.

Leave a happy note somewhere for someone to find.

Teach someone something new.

Give someone a hug to show how much you care.

Smile at everybody.

Make a get-well card for someone.

Tidy your bedroom without being asked.

Give someone a compliment.

Write a list of things you are grateful for.

Make someone else's bed (as well as your own).

Pick up some litter.



Tell someone three things you love about them.

Do something nice for a neighbour.

Drink lots of water. It's much easier to be kind when you feel healthy and energetic.

Write and send a letter to someone.

Complain less (or not at all)!

Leave something on the doorstep for a next-door neighbour.

Make a positivity poster.

Remember to say please and thank you.

Use less energy to be kind to our planet.

Draw a picture for a friend, neighbour or family member.

Tell a joke, watch a silly video or do something that makes you and others laugh!

Recycle paper. Try to be as inventive and creative as you can with it!

Share something you love with a friend or family member.

Say good morning and goodnight to everyone in your household.

Hide little messages around the house for others to find.

Offer to help a family member with something.

Practice self-kindness by doing something you enjoy.

